

# SUFFERSHIRE

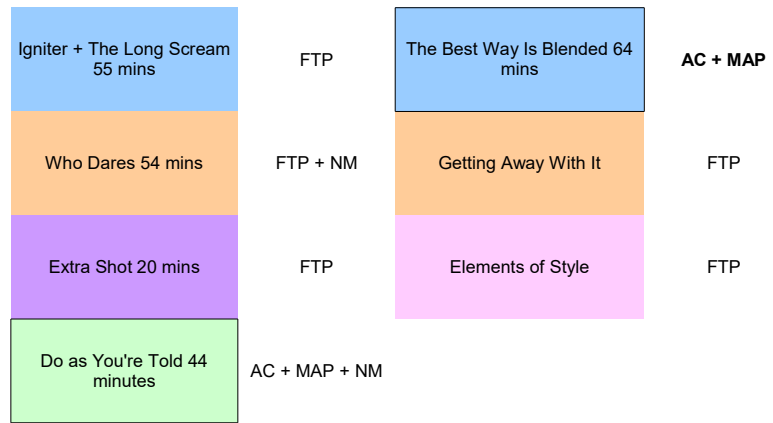
## Indoor Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 <sup>th</sup> Sept	Mini Shovel 47 minutes	4 x 2 min VO2 efforts	Thin Air 60 minutes	30 min ride easy	Single Leg and Holds OR Who Dares	Mega 30/20/10/5	Group Ride
25 <sup>th</sup> Sept	Do as You're Told 44 minutes	Do as You're Told 44 minutes	Getting Away With It 48 mins	Rest	Taper 40/20's OR Told Off By Angels	Primers OR HHNF 60 mins	Final Ride or Race
2 <sup>nd</sup> Oct	Igniter + The Long Scream 55 mins	Thin Air 60 minutes	Power Station 50 mins		The Rookie 55 mins	SUFday – 3 hours Greatest Hits	Group Ride
9 <sup>th</sup> Oct	The Hunted 60 mins	Mini Blender 58 mins	Who Dares 54 mins		Angels 56 mins	The Blender 100 mins	Group Ride
16 <sup>th</sup> Oct	Who Dares 54 mins	Power Station 50 mins	Hell Hath No Fury 60 mins		Igniter + The Long Scream 55 mins	Local Hero 85 minutes	Group Ride
23 <sup>rd</sup> Oct	There is No Try 60 minutes	The Rookie 55 mins	Angels 56 mins		The Wretched 48 mins	Hell Hath No Fury 75 mins @ 90%	Group Ride
30 <sup>th</sup> Oct	Getting Away With It	Hell Hath No Fury 60 mins	Mini Blender 58 mins		Power Station 50 mins	The Shovel 75 minutes	Group Ride
6 <sup>th</sup> Nov	Angels 56 mins	Who Dares 54 mins	Igniter + The Long Scream 55 mins		Hell Hath No Fury 60 mins	ISLAGIATT 118mins	Group Ride
13 <sup>th</sup> Nov	The Rookie 55 mins	The Wretched 48 mins	Thin Air 60 minutes		Mini Blender 58 mins	The Wretched + Who Dares	Group Ride
20 <sup>th</sup> Nov	Do as You're Told 44 minutes	Nine Hammers 55 mins	The Rookie 55 mins		Who Dares 54 mins	The Blender 100 mins	Group Ride

10 weeks FTP improvement plan



Workout	Performance Benefit	Workout	Performance Benefit
A Very Dark Place 55 mins	MAP	The Best Thing In The World 48 minutes	AC + MAP
Downward Sprial 60 minutes	MAP + AC + NM	The Blender 100 mins	MAP + FTP + AC
Half Is Easy 39 minutes + Optional Extra Shot	AC + MAP	The Hunted 60 mins	FTP
Igniter + The Best Thing in The World – short 50 mins	AC + MAP	The Omnium 50 mins	MAP + AC + NM
ISLAGIATT 118mins	FTP	The Shovel 75 minutes	MAP + AC + NM
It Seemed Like Thin Air 150 mins	FTP	The Wretched 48 mins	FTP
Local Hero 85 minutes	MAP + AC + FTP	There is No Try 60 minutes	AC + MAP + FTP
Mini Blender 58 mins	FTP + MAP + AC	Thin Air 60 minutes	FTP
Mini Shovel 47 minutes	MAP + AC + NM	Told off by Angels 55 mins	AC + MAP
Nine Hammers 55 mins	MAP + FTP + AC	Violator 68 mins	NM + AC
Power Station 50 mins	FTP	The Rookie 55 mins	FTP
Revolver 45 mins	MAP + AC	Angels 56 mins	FTP + MAP
Revolver is Easy 46 minutes	MAP + AC	Hell Hath No Fury 75 mins	FTP + MAP
Igniter + Revolver Is Easy 66 mins	MAP + AC	Hell Hath No Fury 60 mins	FTP + MAP
The Way Out	FTP	To Get To The Other Side	FTP



end